"How Al Can Support Your Second Act"



Unlocking Your Second Act:
Your AI Workshop Follow-Up
Resource

Congratulations on taking the first step toward designing a second act that excites and fulfills you! Our AI & Your Second Act workshop introduced you to the possibilities of using AI to explore your interests, passions, and next steps. Now, it's time to take that inspiration and turn it into action. This follow-up resource will guide you through the next phase of your journey, helping you gain more profound clarity and direction. Inside, you'll find:

- Personal Values Assessment Identify what truly matters to you and how it shapes your second act.
- Passion Discovery Worksheet Uncover the activities and interests that energize you.
- ✓ Identifying Your Core Passions Define the themes that consistently bring you joy and fulfillment.
- Exploring How to Use Your Passion Brainstorm ways to integrate your passions into a meaningful next chapter—whether through work, hobbies, volunteering, or new experiences.

Use this resource as a roadmap to build a second act that aligns with who you are and what excites you. Remember, the possibilities are endless—Al is here to support you, but you are the creator of your next adventure!

Personal Values Assessment

Objective: This exercise will help you identify and prioritize the core values that will guide your decisions and actions as you create your second act.

Instructions: Below is a list of common values. Circle the 10 values that resonate most with you. If you don't see a value that's important to you, write it in the blank space.

Step 1: Value Identification

- ·Achievement
- ·Adventure
- ·Autonomy
- ·Balance
- ·Compassion
- ·Creativity
- ·Family
- ·Financial Security
- ·Friendship
- ·Growth
- ·Health
- ·Integrity
- ·Joy
- ·Knowledge
- ·Leadership
- ·Learning
- ·Loyalty
- ·Making a Difference
- ·Mindfulness
- ·Personal Development
- ·Purpose
- ·Recognition
- ·Resilience
- ·Respect
- ·Security
- ·Spirituality
- ·Stability
- ·Tradition
- ·Wisdom

2: Narrowing Down Your Values

Instructions: From the 10 values you selected, narrow it down to your top 5. These should be the values that are most important to you and that you feel must be present in your life for you to feel fulfilled.

Your Top 5 Values:
Step 3: Prioritizing Your Values
Instructions: Now, rank your top 5 values in order of importance, with 1 being the most important. This will help you understand what drives your decisions and actions.

Brainstorm Time!

Reflection:

- How do these values show up in your life right now?
- Which of these values are currently being fulfilled? Which are not?
- How can you align your second act with these core values

Passion Discovery Worksheet

Objective: This exercise will help you identify activities, interests, and skills that energize you which can guide you toward a fulfilling second act.

Step 1: Reflecting on Past Experiences
What activities make you lose track of time because you enjoy them so much?
What topics or activities do you find yourself talking about passionately?
What projects or tasks have you felt proud of completing?
What compliments or feedback do you often receive from others about your skills or
talents?

Step 2: Identifying Your Core Passions

Instructions: Review your answers from Step 1. Now, write down the top 3 activities, topics, or skills that excite you the most.



I am meant to live a life of meaning, purpose, joy, and fulfillment.

To-Do Tasks

Step 3: Exploring How to Use Your Passions

Instructions: For each passion listed above, brainstorm ways you could incorporate it into your second act. Consider how it could translate into meaningful work, hobbies, or volunteer opportunities.

Passion:	
Possible Applications:	
Passion:	
Possible Applications:	
Passion:	
Possible Applications:	



Exploring Your Second Act

Objective: Generate and explore a range of potential second act ideas that resonate with your strengths, interests, and values.

Step 1: Reflect on Your Strengths and Interests

Start by considering your key strengths, skills, and interests. Answer the following questions to get clear on what you excel at and enjoy doing:

What skills have you developed over the years (professional, personal, or hobby-related)?

• Example: Leadership, project management, communication, mentoring, creativity, problem-solving.

What activities bring you joy and fulfillment?

• Example: Writing, teaching, volunteering, organizing, designing, helping others.

What topics are you passionate about?
 Example: Health and wellness, education, community building, the arts, social justice, sustainability.
What values are most important to you?
What values are most important to you? • Example: Making a difference, lifelong learning, creativity, family, integrity, growth.

Step 3: Evaluate and Prioritize Your Ideas

Review your list of ideas and evaluate each one based on the following criteria:

- 1. Alignment with Values: Does this idea reflect your core values?
- 2. Excitement Level: How excited do you feel about pursuing this idea?
- 3. Impact: Does this idea have the potential to make a difference or bring fulfillment?
- 4. Feasibility: Is this idea realistic considering your resources, time, and commitments?

Top 3 Ideas to Explore Further: